

# Maine Inhalant Abuse Prevention Fact Sheets

## Special Thanks

*The Maine Inhalant Prevention Coalition wishes to thank the Massachusetts Department of Public Health, Bureau of Substance Abuse Services for its extensive work in the field of inhalant prevention. Written documents prepared by the Bureau of Substance Abuse Services served as the basis for several handouts in this packet of information. Some of these items were modified by the Maine Inhalant Prevention Coalition to meet the needs for the State of Maine.*

## Maine Inhalant Abuse Prevention Task Force

A Project of the New England Institute of Addiction Studies / Funded by the Center for Substance Abuse Prevention

For more information about inhalants please contact

Maine Office of Substance Abuse Information and Resource Center

Phone: 1-800-499-0027 TTY – 1-800-215-7604

Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov) Web Address: <http://maineosa.org/irc>



# Maine Inhalant Abuse Prevention Fact Sheets

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# Reporting Strategies For Inhalant Abuse in Maine

1. The media is encouraged to inform the public about the dangers of inhalants without providing lists of inhalable products or pictures of how to use inhalants. Reports that illustrate products that can be inhaled may inadvertently teach someone how to use inhalants. Scenes of people “huffing” or “sniffing” these chemicals/poisons, which can be easily found in any household, can also arouse interest in the behavior. In general, the media should avoid reproducing lists of inhalable products which may be abused or graphically representing details of the procedures of inhalant abuse.
2. Positive images of youth can be portrayed by interviewing and/or photographing young people in their work as Peer Leaders. Access to Peer Leaders can be facilitated by contacting the Maine Youth Action Network (MYAN) at the number listed below (\*).
3. Use clear, fact-based information about the health effects of inhalants. Messages about inhalant abuse must be based on solid evidence coming out of the latest scientific research. Overly morbid or exaggerated claims are often dismissed by youth and parents alike. Though such images may make a temporary impression, the longest-lasting changes in behavior are seen through the assimilation of balanced, fact-based information.
4. Reports about inhalant abuse should inform the reader of the seriousness of the problem and the need for caution, and engage the reader with a call for action. Messages can make the reader aware of the need for increased vigilance or the need for further information. They should also present a desired behavior so the message is not merely negative. Positive actions called for might include encouraging an inhalant-abusing friend to seek counseling or other treatment, or calling a referral number for further information. Parents can be encouraged to educate themselves and spend time with their children. Communities can be encouraged to provide opportunities for growth-enhancing activities for youth.

**For more information on the Maine Youth Action Network please contact:**

Beth Yvonne, PROP Project Manager                      510 Cumberland Ave., Portland, ME 04101  
Ph: 207-874-0060

\* MYAN is a resource for connecting the community to positive youth movements. MYAN is a youth resiliency project that is a part of PROP (People’s Regional Opportunity Program).

Adapted from “You Can Avoid Common Errors As You Develop Prevention Materials.” Center for Substance Abuse Prevention, Communication Series, July 1991.

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## Frequently Asked Questions

### Inhalant Information for the Press and Other Professionals

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TTY: 1-800-215-7604

#### WHAT ARE INHALANTS AND HOW ARE THEY ABUSED?

Inhalant abuse is the intentional concentrating and breathing in of gases and vapors with the goal of intoxication or “getting high.” Items abused include common household products such as fuels, solvents, gases, and products in aerosol cans. There are more than 1,000 household, shop, office, and industrial products that qualify as inhalants.

Most inhalants are central nervous system depressants, like alcohol, but unlike alcohol they are not meant to be put inside the body. The effects are quick acting (within seconds) and usually of short duration (15 to 45 minutes). Inhalants are poisons to your body and can cause death in even first time use.

#### WHY DO PEOPLE ABUSE INHALANTS?

Reasons why youth may be attracted to inhalants include:

- Teens believe that because many adults don’t know about inhalants, use is more likely to go undetected.
- Inhalants are inexpensive or free and readily available.
- Products used as inhalants are legal for their intended purposes. Youth mistakenly believe that inhalant abuse is legal. This is not true. Maine Law, Title 22, Section 2383-C makes it illegal to intentionally or knowingly possess or use inhalants for the purpose of causing intoxication.
- Many children and teens do not understand the serious dangers of inhalant abuse.

#### WHO IS LIKELY TO INHALE THESE SUBSTANCES?

Children may begin using inhalants as early as the third grade. In Maine, use peaks in eighth and ninth grade. Historically, the highest rates of use were reported among white youth and young people who lived in rural areas. Use tends to decline in high school and into young adulthood. However, inhalant abuse does exist among all age groups, genders, and races.

#### WHAT ARE THE RISKS?

Inhalant abuse can cause sudden death by heart arrhythmia (Sudden Sniffing Death Syndrome), suffocation, burns, or explosions. Long-term effects include damage to the brain, nervous system, liver, kidney, and bone marrow and can lead to birth defects. Users are at risk for both physical and psychological dependence.

#### IS INHALANT ABUSE ILLEGAL IN MAINE?

Maine Law, Title 22, Section 2383-C makes it illegal to intentionally or knowingly possess or use inhalants for the purpose of causing intoxication. Penalties can include fines from \$100-\$500, and/or judge-ordered evaluation, education or treatment with a licensed social worker or licensed substance abuse counselor or work to benefit the State. For a copy visit:

<http://janus.state.me.us/legis/statutes/22/title22sec2383-C.html>

#### WHAT ARE THE SIGNS OF INHALANT USE?

The following signs and symptoms can indicate that someone may have abused inhalants: mood swings, irritability, anger, agitation, sleepiness, uncontrolled laughter, nausea, loss of

appetite, vomiting, hallucinations, convulsions, facial rashes and blisters, constant sniffing and coughing, dilated pupils, and bad breath. The presence of bags, rags, and empty product containers may also suggest inhalant abuse. If parents or youth-serving professionals suspect inhalant abuse, they can contact the Northern New England Poison Center at 1-800-222-1222.

#### WHAT ARE SOME PREVENTION TIPS FOR PARENTS?

Parents should understand the dangers of inhalants and can be instrumental in communicating these dangers to their children. The following suggestions may help guide parents:

- Prevent inhalant abuse in the home by becoming familiar with which household products are toxic, replacing certain substances with water-based solvents, and locking or monitoring toxic products that are stored in the house.
- Supervise the use of inhalable products.
- Initiate conversations with children—they will listen. Remember to emphasize that inhalants are poisons, toxins pollutants, and fire hazards - NOT drugs. Avoid referring to specific inhalant products and drug-like effects as this may spark curiosity.
- Prepare children for peer pressure. Parents and youth can practice how to positively deal with a risky situation.
- Urge youth serving professionals in your child’s life (teachers, coaches, and youth workers) to ensure that youth environments are free of poisons that can be used as inhalants.

#### WHAT IS THE IMMEDIATE TREATMENT FOR INHALANT EMERGENCIES?

If a person is found using inhalants, it is important to seek immediate emergency medical assistance (911 or other emergency medical numbers). While waiting for help, move the affected person to their side, allowing them to get fresh air, and be alert for vomiting. It is also important to not chase or scare the user as this can contribute to sudden sniffing death. Keep the atmosphere calm.

#### WHAT CAN THE MEDIA DO TO HELP?

The public may not understand the special nature of inhalant abuse. The media has an important role in raising the public’s awareness of this problem. The media can help by:

- Avoid printing lists or pictures of specific inhalants or how they are inhaled. This can stimulate curiosity about inhalants and lead to abuse. Emphasize fact-based information and scientific evidence. Exaggerated statistics and images are often easily dismissed.
- Stress the danger of inhalant abuse and steps people can take to prevent it. Help people connect with community resources by printing or announcing resource lists.

#### WHERE CAN I GO FOR FURTHER INFORMATION?

The Maine Inhalant Abuse Prevention Task Force provides information, fact sheets and statistics on inhalant abuse at the Maine Office of Substance Abuse Information and Resource Center. (Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov))

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## Traditional & Non-Traditional Partners for Inhalant Abuse Prevention

Inhalants are unique among abused substances – they have almost universal availability, they are legal products when used for their intended purposes, and many adults are unaware of their danger. More than 1,000 everyday products, including office and art supplies, common solvents, gases, and cleaning and shop chemicals have the potential to be abused with addictive and deadly consequences.

The aim of the New England Inhalant Abuse Prevention Coalition is to expand the capacity of the New England states to address inhalant abuse. Our goal is to promote a knowledgeable community that gives consistent messages and develops effective strategies and policies about inhalant abuse. In your state efforts, consider enlisting the broadest range of adults who can impact youth. Because inhalable products are everywhere, messages about inhalants can reach youth from **multiple sources** and at ‘teachable moments.’

Here is a list of potential partners to involve as you think about a statewide initiative. Who you partner with depends on your state’s unique infrastructure, your relationship with key players, their interest and motivation, receptivity, resources, and reach.

### **Decision Makers of Statewide Delivery Systems**

- ☐ State Fire Marshal
- ☐ Northern New England Poison Control Center
- ☐ Department of Health and Human Services (DHHS), Bureau of Developmental Services
- ☐ DHHS, Bureau of Health
- ☐ DHHS, Bureau Child and Family Services
- ☐ Juvenile Justice
- ☐ DHHS, Office of Substance Abuse
- ☐ Maine State Police
- ☐ Maine Police Chiefs Assoc.
- ☐ Maine EMS

### **Schools**

- ☐ Department of Education Decision Makers
- ☐ School Health Educators
- ☐ Maine Association of Physical Education, Recreation & Dance
- ☐ School Janitors, Office Workers
- ☐ Pupil Transportation Association
- ☐ School Superintendents Assoc.
- ☐ Association of School Purchasing Agents
- ☐ School Principals
- ☐ Safe and Drug Free Schools Coordinators
- ☐ Student Assistance Programs
- ☐ School Counselors, Psychologists, and Social Workers
- ☐ School Nurses
- ☐ Interscholastic Coaches Association
- ☐ Maine School Management Association

### **State Prevention Infrastructure**

- ☐ State Substance Abuse Prevention

- ☐ Maine Association of Prevention Providers
- ☐ National Prevention Network Representatives
- ☐ State Incentive Grant Coordinators / Trainers
- ☐ Maine Injury Prevention Program
- ☐ DHHS, Bureau of Health, Teen & Young Adult Program

### **Umbrella Organizations for Health and Human Services Providers**

- ☐ Associations of Community Mental Health Centers
- ☐ Associations of Youth-Serving Agencies
- ☐ Associations of Group Homes and/or Residential Schools
- ☐ Organizations of Residential Treatment Facilities (Mental Health and Substance Abuse)
- ☐ Foster Parents Association

### **Professional Organizations**

- ☐ Nursing Associations
- ☐ Emergency Room Physicians and Nurses Assoc.
- ☐ State Medical Society
- ☐ State Societies of Pediatricians and/or Family Medicine
- ☐ Social Work Associations
- ☐ Psychologists and/or Therapist Associations
- ☐ Substance Abuse Counselors Associations
- ☐ Marriage and Family Therapists Associations
- ☐ Probation Officers Association
- ☐ Maine Hospital Association

### **Merchants**

- ☐ Retailers Association
- ☐ Chambers of Commerce

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## Inhalant Abuse Prevention: Key Resources

- **Maine Office of Substance Abuse.** The Maine Office of Substance Abuse **Information & Resource Center** (IRC) offers resources free to anyone in Maine. Resources include books, pamphlets, videos and referrals to other resources. An online searchable catalog is available, which contains many of the resources identified below.  
<http://maineosa.org/irc> E-mail: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov)  
Phone: 1-800-499-0027 or 207-287-8900 TTY: 1-800-215-7604 or 207-287-4475
- **Northern New England Poison Center.** Poison Specialists are available 24 hours a day, 7 days a week to answer questions about inhalant abuse and other poison related questions. Lectures and presentations for adults or children are available upon request. Call 1-800-222-1222 for further information.
- **New England Inhalant Abuse Prevention Coalition**, for questions about inhalant abuse, contact us at 1-800-419-8398 or [information@inhalantprevention.org](mailto:information@inhalantprevention.org).
- **Massachusetts Department of Public Health Inhalant Abuse Task Force Handout Set** (adults only), and an inhalant prevention brochure (youth audience). Available by calling 617-624-5143 or e-mailing [questions.bsas@state.ma.us](mailto:questions.bsas@state.ma.us). Many of the handouts are available at <http://www.state.ma.us/dph/inhalant/> but have been modified to remove the names of products, how they may be abused, and their euphoric effects.
- **Virginia Inhalant Prevention Resource Guide**, K-12. State of the art inhalant prevention curriculum guide including lessons and background material. Developed by Isabel Burk, Director, The Health Network (845-638-3569) for the Virginia Dept of Education. Downloadable from <http://www.healthnetwork.org/>. In public domain.
- **“Danger! Toxic Chemicals”** This is an inhalant prevention video targeted for students in grades five to nine. The video explains the dangers of inhalants and models refusal skills. It does not show what products are being abused or how to abuse them. Highly recommended because it uses the approach that inhalants are not really drugs, but are poisons, toxins, and pollutants. Publisher: Hazelden Foundation. Video, VHS format, 1999, Grades 5-8, 14 minutes; 1-800-328-9000; Item 4063. \$203.00
- **National Inhalant and Poison Awareness Week Local Coordinator’s Kit.** National Inhalant Abuse Coalition. This kit contains everything a school, community agency, or state program needs to conduct a community awareness campaign. It has complete guidelines for coordinators, news releases, and fact sheets, PSA scripts, camera ready art and suggestions for special events and more. Harvey Weiss, Executive Director. 1-800-269-4237. \$35 + \$5 for shipping/handling. Very informative website: [www.inhalants.org](http://www.inhalants.org) (not edited for children).
- **“NIDA Research Report: Inhalant Abuse.”** Published by the National Institute on Drug Abuse. This is a good overview of the inhalant problem. It is suitable for parents and as an introduction to the issue for professionals. Revised 2004. At <http://www.nida.nih.gov/ResearchReports/Inhalants/Inhalants.html>. This may be downloaded and copied or ordered (NIH Publication No. 00-3818) from NCADI 1-800-729-6686.
- **“CSAT Substance Abuse Treatment Advisory, Volume 3, Issue 1: Inhalants.”** Revised 2004. This newsletter gives current information and statistics on inhalants, such as what they are, how they're used, who is using them, why they're popular, what they do to the body, and what their long-term effects are. Also discussed is the addictiveness of inhalants and how inhalant users receive treatment. Additional resources are listed. Bibliography. This may be ordered (NIH publication no: 00-3818; NCADI no: MS922 at NCADI) or downloaded at <http://store.health.org/catalog/productDetails.aspx?ProductID=16506>.
- **Massachusetts Public Fire and Safety Education Curriculum Planning Guidebook** (Revision due Fall 2004) For more information, contact Jennifer Mieth, MA State Fire Marshall’s Office 978-567-3381.
- **Web-based classes** for parents and a web-based class for youth-serving professionals, New England Inhalant Abuse Prevention Coalition. (Available in Fall of 2005).

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# Inhalant Abuse Prevention:

## Key Messages for Adults

1. More than 1,000 everyday products, including cleaning, office, and art supplies, solvents, gases, and shop chemicals have the potential to be abused as inhalants.
2. Inhalants are actually poisons, pollutants, toxins, and fire hazards.<sup>1</sup> They are made of crude oil and were never meant to be inhaled.<sup>2</sup>
3. These products are safe when used as directed, but when vapors are concentrated and breathed in, they can become dangerous and deadly.
4. There is no safe level of inhalant use. 39% of deaths are the result of first time use.<sup>3</sup> Therefore, no use should be tolerated and any use should be followed up by a professional alcohol and drug assessment and education about the dangers of inhalant abuse.
5. Inhalants can be addictive, both psychologically and physically. There are roughly as many inhalant addicts as heroin addicts in this country.<sup>4</sup>
6. Inhalants can cause permanent damage to the nervous system, lungs, liver, kidneys, and brain.
7. More children are using inhalants than adults think – and at earlier ages. Nationally, nearly one out of four 8<sup>th</sup> graders has intentionally inhaled to get high.<sup>5</sup> Recent surveys indicate that sixth grade use has increased to the level of use by 8<sup>th</sup> graders (that is, one of four 6<sup>th</sup> graders has used an inhalant).<sup>6</sup>
8. Because of all these reasons, inhalant abuse should be on your RADAR. Be alert for the signs of inhalant abuse: Suspicious use of products, chemical odors, rash around the mouth and nose, weight loss, paraphernalia (plastic bags, empty containers, and smelly rags).

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<sup>1</sup> E.g., gasoline, butane, propane; any product dispensed in an aerosol can such as air freshener, computer air duster, WD40; solvent-based products such as nail polish and remover, white-out, glues, markers, paints

<sup>2</sup> Mark Groves, “Andy, the Anteater Curriculum”

<sup>3</sup> Source: John Ramsey, St. Georges Hospital, United Kingdom data, 2001 <http://www.vsareport.org/>

<sup>4</sup> Source: National Household Survey, 2002. <http://www.icpsr.umich.edu:8080/SAMHDA-SERIES/00064.xml>

<sup>5</sup> Source: Monitoring the Future Survey, 2003 available at [www.monitoringthefuture.org](http://www.monitoringthefuture.org)

<sup>6</sup> Partnership for a Drug Free America, Partnership Attitude Tracking Study, “New Findings on Inhalants: Younger Adolescents the Most Vulnerable.” March 18, 2004. Report available at [www.drugfreeamerica.org](http://www.drugfreeamerica.org)

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## School, Home, and Office: Examples of Inhalants and Safer Alternatives

Product	Source of Inhalant	Prevention Strategies		
		Use Water-Based Products	Supervise Use of Solvent-based Products	Alternatives
General Supplies	Cements, glues (including rubber cement)	✓	✓	Avoid products with toluene and xylene
	Typewriter correction fluid, printing inks	✓	✓	Use "Correction Tape"
	Magic markers, dry erase markers	✓	✓	Use "Low Odor" and/or non-toxic markers, discourage sniffing scented markers
	Spray paints and clear finishes	✓	✓	
Cleaning Supplies	Any product in an aerosol can		✓	Use hand pumps instead of aerosol cans
	Aerosol air fresheners and deodorizers		✓	Use solid air fresheners
	Computer cleaner ("gas duster")		✓	Use canned carbon dioxide
Garage/Shop Supplies	Paints, varnishes, stains, paint thinner, lacquer thinner, spray lubricant, contact cement	✓	✓	
	Gasoline		✓	
Butane Fluid	Lighters, replacement fluid		✓	
Auto	Degreasers, spray lubricants, solvents, Freon®, brake fluid, gasoline, lacquers, car paint		✓	
Health and Beauty	Nail polish and nail polish remover, hair spray		✓	
	Deodorants		✓	Use stick deodorants rather than aerosol
Cooking Supplies	Cooking spray		✓	Use oil in a spray pump
	Whipping cream in aerosol cans, whipping cream cartridges (whippets)		✓	Use whipped cream in a tub or make from scratch

### Strategies for Decreasing the Risk of Inhalant Abuse

1. Identify products that can be abused. One clue is a label warning: "Intentional misuse by deliberately concentrating and inhaling the contents can be harmful or fatal." (From a can of cooking spray); "Avoid breathing vapors." (From a can of paint); "Use in a well ventilated area." (From a can of spray lubricant).
2. Find non-toxic substitutes. Many products such as correction fluid, glues, magic markers, paints and stains have 'water based' or 'non-toxic' versions. Be aware that some products marked with an "AP Non-Toxic" label contain solvents and are being abused by students. (AP = Approved Product)
3. When a safer product cannot be substituted, use under close supervision. Account for usage, check product inventory going in and out, and be aware of disappearing supplies. Care in storage and adult supervision is essential. Take frequent breaks, use products in areas with open windows/doors and sufficient fresh air if the product is not being used outside. Use appropriate safety masks with special filters.
4. Don't discuss specific products as inhalants - this may arouse curiosity and lead to increased experimentation. Teach children about the dangers of vapors and gases and about safe use of products. Avoid making the connection that these products can be used as drugs and always stress that these products are dangerous *poisons, toxins, and pollutants*. A chart like the one above is intended for adults only.

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# Sample Inhalant Abuse Prevention Messages

When providing inhalant abuse prevention messages several approaches should be considered. Messages about drug abuse prevention are most often delivered in health or drug abuse prevention classes. However, because products that are abused as inhalants are found in schools, youth programs, and homes, a much broader approach in the delivery of prevention messages should be used. Often, a prevention message about inhalants can be easily added to an existing health and safety message with a few sentences. *Additionally, we reinforce the association of inhalants as poisons, toxins, pollutants, and fire hazards without suggesting or reinforcing the idea that inhalants have a drug-like effect.* Below are some sample inhalant prevention messages that can be easily incorporated into existing lessons or discussions.

<p><b><u>Poisons and Pollution</u></b></p> <p>Topic of Discussion: The many ways poisons/pollution can get into your body.</p>	<p>Question to class: What are some ways that poisons can get into your body?</p> <p>“One type of poison is a poison that you might breathe. Chemicals that evaporate or go into the air from paint, glue, gasoline, and all aerosol containers are poisonous to your body. When we inhale these poisons they can damage our lungs, liver, kidneys, nerves and brain. It is important to keep these poisons out of the air and water and not let them into your body. If you are going to be exposed to air polluted with these chemicals it is extremely important to wear protective masks and other appropriate protective gear.”</p>
<p><b><u>Fire Safety</u></b></p> <p>Topic of Discussion: Dangers associated with flammable or explosive items</p>	<p>“Some things we have learned about that are flammable or explosive are also extremely dangerous to breathe. Every gas or liquid that easily burns or explodes is also poisonous to breathe into your body. Some examples of these gasses and liquids are: gasoline, oil-based paints and thinners, nail polish remover, propane, and butane.”</p>
<p><b><u>First Aid</u></b></p> <p>Topic of Discussion: Products that can cause damage to your body if misused and how to use them safely.</p>	<p>–“When we don’t use products/solvents (like paints, aerosols, gasoline, solvents, art and office supplies,) safely, they can make us feel nauseous, cough, affect our judgment and damage our bodies. In some cases misusing these products can even kill us.”</p> <p>–“What are some safer ways these products can be used?” (Use out-of-doors or in a well-ventilated room, use protective masks with special filters, etc.)</p> <p>–“What should you do if you feel the effects of a solvent?” (Open windows, move out-of-doors, get fresh air . . . If someone has become unconscious, call an ambulance immediately.)</p>
<p><b><u>Arts and Crafts, Shops, Labs, Cosmetology</u></b></p> <p>Topic of Discussion: Danger of using solvents and solvent-based products.</p>	<p>“When we use solvents and solvent-based products (such as, paints, glues, volatile solvents, nail polish, nail polish remover, aerosol hair sprays) the first thing we need to do is take precautions.</p> <ol style="list-style-type: none"> <li>1.) We need to make sure we have good ventilation and/or use protective filter masks.</li> <li>2.) We need to avoid breathing the fumes because they are poisonous and can damage our lungs, liver, kidneys, nerves, and brain.</li> <li>3.) We need to be aware that inhaling the fumes can cause sudden death.”</li> </ol>
<p><b><u>Cooking</u></b></p> <p>Topic of Discussion: Fuel gasses and propellants found in cooking supplies.</p>	<p>–“Aerosol cooking oil sprays use propane and iso-butane as propellants. These fuel gasses need to be used with extreme caution and never used around open fires because they are highly flammable. The propellants found in aerosol cooking sprays are equally dangerous and poisonous to breathe. They can cause brain damage and even sudden death if inhaled.”</p> <p>–“Whipped cream in cans uses nitrous oxide (which is also used as an anesthetic gas) as a propellant. Breathing this industrial gas, even at low levels, can result in nerve and brain damage. Overdoses can cause death by choking, suffocation, or by stopping your breathing.”</p>

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# Inhalant Abuse in Maine

**What is being used:** Inhalants include fuels (butane, propane, gasoline), solvents, paints and paint thinners, glues and adhesives, engine starting sprays, computer cleaners, permanent magic markers, dry erase markers, typewriter correction fluid, nail polish remover, dry-cleaning agents, certain gases (from air conditioners and fire extinguishers, nitrous oxide from cans of whipped cream), air fresheners and any product packaged in an aerosol can.

**Patterns of use:** There are many patterns of inhalant abuse. These patterns vary across the State of Maine and by age, sex, and race/ethnicity. For some children, this is not just dangerous experimentation but an addiction. Use may start as early as the third grade. Younger children may just abuse inhalants while older youth are more likely to abuse inhalants with alcohol and other drugs.

## Facts about inhalant abuse among Maine students grades six through twelve:<sup>†</sup>

<b>1. Overall lifetime rate for Maine schools (2004):</b>		12%
✓ National rate 13.5% (Source: Monitoring the Future Survey, 2004)		
<b>2. The most frequently used drugs in Maine are:</b>		
	Alcohol	50.7%
	Marijuana	26.9
	Prescription Drugs	16.6
	<b>Inhalants</b>	<b>12.0</b>
	Cocaine	4.6
	Ecstasy	3.9
	Stimulants	3.8
	Heroin	2.0
		(Lifetime percent)
<b>3. Lifetime inhalant use by sex</b>		
	males	12.2%
	females	11.8
<b>4. Lifetime use by grade</b>		
	6 <sup>th</sup>	10.1%
	7 <sup>th</sup>	11.5
	8 <sup>th</sup>	15.3
	9 <sup>th</sup>	14.1
	10 <sup>th</sup>	12.0
	11 <sup>th</sup>	11.1
	12 <sup>th</sup>	9.3

<sup>†</sup> “2004 Maine Youth Drug and Alcohol Use Survey,” Maine Office of Substance Abuse, 2004.

Last Revised December 2004

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## MAINE INHALANT ABUSE PREVENTION TASK FORCE

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For more information about inhalants please contact

Maine Office of Substance Abuse Information and Resource Center

Phone: 1-800-499-0027 TTY – 1-800-215-7604

Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov) Web Address: <http://maineosa.org/irc>



# Inhalant Abuse in Maine High Risk Youth by County

**What is being used:** Inhalants include fuels (butane, propane, gasoline), solvents, paints and paint thinners, glues and adhesives, engine starting sprays, computer cleaners, permanent magic markers, dry erase markers, typewriter correction fluid, nail polish remover, dry-cleaning agents, certain gasses (from air conditioners and fire extinguishers, nitrous oxide from cans of whipped cream), air fresheners and any product packaged in an aerosol can.

**Patterns of use:** There are many patterns of inhalant abuse. These patterns vary across the State of Maine and by age, sex, and race/ethnicity. For some children, this is not just dangerous experimentation but an addiction. Use may start as early as the third grade. Younger children may just abuse inhalants while older youth are more likely to abuse inhalants with alcohol and other drugs.

## Facts about inhalant abuse among Maine students grades six through twelve:<sup>†</sup>

<b>1. Overall lifetime rate for Maine schools</b>		
<b>Top four counties from the 2004 MYDAUS:</b>	Waldo	16.6%
	Knox	15.8%
	Somerset	13.3%
	Oxford	13.2%
<b>Top four counties from the 2002 MYDAUS:</b>	Waldo	16.1%
	Piscataquis	14.5%
	Oxford	14%
	York	13.3%
<b>Top four counties from the 2000 MYDAUS:</b>	Piscataquis	17.7%
	Knox	16.9%
	Waldo	16.7%
	Oxford	16.3%
<b>2. Previous 30 day use for Maine schools</b>		
<b>Top four counties from the 2004 MYDAUS:</b>	Waldo	7.5%
	Knox	6.1%
	Somerset	5.5%
	Kennebec	5.4%
<b>Top four counties from the 2002 MYDAUS:</b>	Waldo	6.4%
	Lincoln	6.2%
	Oxford	5%
	Hancock	5%
<b>Top four counties from the 2000 MYDAUS:</b>	Knox	6.6%
	Oxford	6.5%
	Piscataquis	5.8%
	Somerset	5.2%

<sup>†</sup> “2004 Maine Youth Drug and Alcohol Use Survey,” Maine Office of Substance Abuse, 2004.

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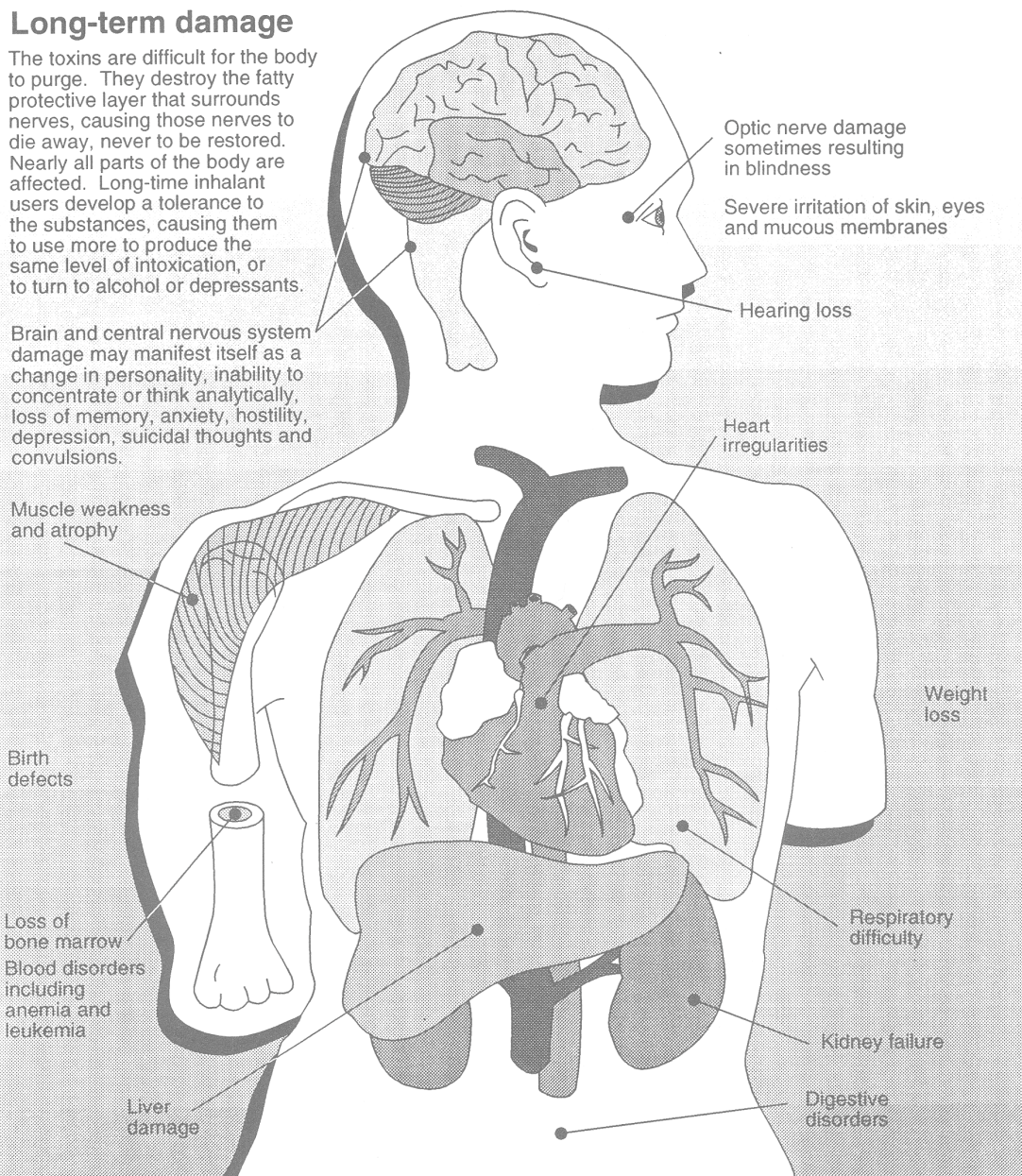


# Inhalant Abuse and Your Body

## Long-term damage

The toxins are difficult for the body to purge. They destroy the fatty protective layer that surrounds nerves, causing those nerves to die away, never to be restored. Nearly all parts of the body are affected. Long-time inhalant users develop a tolerance to the substances, causing them to use more to produce the same level of intoxication, or to turn to alcohol or depressants.

Brain and central nervous system damage may manifest itself as a change in personality, inability to concentrate or think analytically, loss of memory, anxiety, hostility, depression, suicidal thoughts and convulsions.



Research/ Jayne Palmer

Star Tribune graphic/ Ray Grumney

This handout is made available through the

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# Youth Service Providers:

**ADULTS ONLY**

## Inhalant Abuse Prevention and What You Can Do About It

**Educate yourself about the problem.** Educate yourself and others about inhalant abuse including what types of products can be abused and the signs of abuse.

**Don't make available products that can be easily abused.** These include correction fluid, glues made with solvents, and dry erase and permanent markers, etc. Many of these items are often found in community centers. Instead, look for water-based versions of these products. Please use the contact information below for a more comprehensive list of products that can be misused as inhalants and safer alternatives.

**Ensure that youth are getting the message** about the dangers of inhalant abuse. The main prevention messages are that INHALANTS ARE POISONS, POLLUTANTS, TOXINS, AND FIRE HAZARDS... THEY ARE DANGEROUS. THESE CHEMICALS SHOULD ONLY BE USED IN THE WAY THEY WERE INTENDED. Take care to avoid describing what products can be abused, how they can be abused, or that children are using them to get "high." Inhalant abuse prevention activities should be included in activities along with health education, environmental protection, and fire safety activities or other drug and alcohol activities. Another approach is Peer Education Programs, where youth teach other youth health information and healthy behaviors. Inhalant prevention activities should begin with elementary school age children since use may begin as early as third or fourth grade and peaks in eighth and ninth grade in Maine.

**Be conscious of how much of an item is being used by students.** If solvent based products are used, they should always be used under close adult supervision. Examples of these products include: spray paints, solvent based glues, gasoline, paint thinners, and all products packaged in aerosol cans. If it seems like more is being used than is necessary, ask questions and monitor the items closely.

**When you are suspicious** about a child's behavior or appearance, be sure to follow up. Ask them about inhalants and be specific about why you are suspicious. Don't dismiss your gut feeling telling you that something is not right. REMEMBER, ONE OF THE ATTRactions OF INHALANTS IS THAT ADULTS ARE NOT SUSPICIOUS OF IT AND DON'T RECOGNIZE THE SIGNS OF USE. If you have concerns or questions, you can follow-up with the Northern New England Poison Center at 1-800-222-1222.

**Don't tolerate any experimentation.** Remember, even first time use can be fatal. If you discover or see a child using inhalants approach them calmly, as startling someone using inhalants could cause them to go into shock. Remove the child from the source and into fresh air. Seek an alcohol and drug assessment or take other appropriate action. Even if it turns out to be a false alarm, your action sends a clear message about your expectations.

**Encourage the Purchase of Safer Alternatives** for all centers within your community. Removing unsafe products from community centers and schools is an excellent way of reducing youth access to inhalants.

**For more information:** Contact the Office of Substance Abuse using the information below or contact the Northern New England Poison Center at 1-800-222-1222.

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## Criminal Justice Practitioners

### What You Can Do About Inhalant Abuse

#### Educate yourself about the problem.

Inhalants are common household, school, and office products used as drugs to get “high”. They are inhaled by youth as “drugs,” but in reality are poisons. Inhalant users are at risk for suffocation, accidents, burns and Sudden Sniffing Death Syndrome (cardiac and/or respiratory arrest). Using inhalants also can cause damage to the nervous system, lungs, liver, and kidneys. Most youth are unaware of the dangers of inhalant abuse and need to be educated. It is equally important that parents are educated about the hazards of inhalant use so that they can monitor their children.

#### Knowing what to look for.

Abusable products (usually gas or solvent based) can be found everywhere. They include correction fluid, air freshener, gasoline, glue, dry erase and permanent markers, and any product packaged in an aerosol can. Substances that are *smoked* (such as tobacco, marijuana, or crack cocaine) or *snorted* (such as cocaine) are **not** considered inhalants.

Examples of inhalant paraphernalia: aerosol cans, paper and plastic bags, rags, and soda cans.

Examples of inhaled gasses: propane (used for barbecues), butane (lighters and lighter refills), nitrous oxide (from tanks and whipped cream containers), halogenated hydrocarbons (from air conditioners) and any other propellant from an aerosol can (Gasses may be inhaled from tanks or aerosol cans. They are sometimes transferred to plastic bags or balloons and inhaled.)

Slang terms for inhalant abuse: sprayers, spray, sprayheads, huffing, sniffing, and bagging.

#### Don't tolerate any experimentation.

Even first time inhalant abuse can be fatal. Studies show that one-third of the deaths from inhalant abuse were among first-time users. Seek an alcohol and drug assessment and take appropriate action.

## Adults Only

**Make sure youth are getting the message about the dangers of inhalant abuse.**

The main prevention message is that inhalants are poisons and are dangerous like other poisons. Take care to avoid dismissing inhalant use as harmless experimentation. Emphasize what the dangers are, not what products may be abused or how they may be abused.

#### Inhalant intoxication signs.

- initial euphoria followed by central nervous system depression
- poor judgment, lack of coordination, disinhibition
- visual/aural hallucinations often occur

Inhalant users who have been surprised, scared, or chased are at increased risk for heart arrhythmias and fatal heart attacks (known as Sudden Sniffing Death Syndrome). Chronic users may be underweight, display rashes around their mouth and nose, have hand tremors and problems with memory and thinking.

#### Be aware of who is using.

More than one out of every ten Maine students in grades six through twelve have tried inhalants according to the 2004 Maine Youth Drug and Alcohol Use Survey (MYDAUS) results. It is a problem in all parts of Maine and among all types of children. Use may start as early as the third grade and generally increases through middle school, peaking in grades 8 and 9. Inhalants are used in groups or while alone. Also older teens and adults sometimes use inhalants with alcohol and other drugs.

#### Understanding the law around inhalants.

The inhalation of vapors, fumes and gasses from common, legal products, such as household, school, and office products to get “high” is illegal in Maine. It is also illegal to possess inhalants with the intent to inhale their vapors, fumes or gases. (Maine Title 22, Statute 2383-C). For more information on the laws visit,

<http://janus.state.me.us/legis/statutes/22/title22sec238-c.html>

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### **Drug Testing and Assessments.**

If you suspect or know of inhalant, alcohol, or other drug use, a substance abuse assessment should be performed by a local substance abuse clinic. (Contact the Maine Office of Substance Abuse at 1-800-499-0027 to find a community outpatient clinic in your area.) Even if it turns out the tests prove a false alarm, your actions send a clear message about substance abuse. In instances where urine tests for drugs are being used, specific tests can be ordered for some specific inhalants.

### **If you are suspicious about a child's behavior or appearance, be sure to follow up.**

Ask them about inhalants and be specific about why you are suspicious. Don't dismiss your gut feeling telling you that something is not right. REMEMBER, ONE OF THE ATTRactions OF INHALANTS IS THAT ADULTS ARE NOT SUSPICIOUS OF IT AND DON'T RECOGNIZE THE SIGNS OF USE. If you have concerns or questions you can follow-up with the Northern New England Poison Center at 1-800-222-1222.

### **If you suspect a youth is in crisis because of inhalant intoxication, experts recommend taking these steps:**

- Remain calm and supportive because scaring or agitating the person may increase the risk of Sudden Sniffing Death Syndrome (cardiac and/or respiratory arrest).
- See that he or she gets fresh air.
- Lay the person on his or her side to prevent aspiration of vomit.
- Call an ambulance.
- Minimize distractions and try to keep the person from moving.
- Stay with the person until he or she receives medical attention.

**For more information:** Contact the Maine Office of Substance Abuse using the contact information below or contact the Northern New England Poison Center at 1-800-222-1222.

Last Revised December 2004

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# Sample Action Plan for Inhalant Abuse Prevention

**ADULTS ONLY**

The Maine Inhalant Abuse Prevention Task Force encourages schools to take the following steps to prevent inhalant abuse in school and during school-sponsored activities. For more information about inhalants and prevention strategies, please contact the Office of Substance Abuse using the contact information found at the end of this document.

Projected Completion Date

Who is responsible for step implementation

Date step is completed

<b>1. Education</b> for parents, staff, and community	A. Inhalant in-service training and/or printed materials provided to faculty, staff, and school nurses, etc. Schools could also invite community-based youth-serving professionals.			
	B. Educate parents about the dangers of inhalant abuse. Many parents' busy schedules make it difficult to attend evening programs. Mailing written information to parents can be a good alternative. Inhalant information can be added to school, parent teacher organization or report card mailings. Camera ready copies of parent flyers are available from the National Inhalant Prevention Coalition at 1-800-269-4237 or by email at <a href="mailto:nipc@io.com">nipc@io.com</a>			
<b>2. Environmental Safety</b>	A. Screen supplies for safety. Consider supplies currently used in offices, classrooms, art, and shop. Strong smelling supplies may be an indicator that the item contains solvents. An "AP Non-Toxic" label on art supplies from the Art and Creative Material Institute <i>does not indicate an absence of solvents</i> , since the Institute does not evaluate products for their potential to be abused as inhalants. If you have questions about a particular product, contact the manufacturer or the Northern New England Poison Center at 1-800-222-1222.			
	B. Review school supplies purchases. When available, substitute water-based products for solvent-based products. For example, water-based correction fluid, glue (white glues or glue sticks) and paints. As well as <i>low odor</i> dry erase markers are safer alternatives.			
	C. In instances when water-based products are not available, the use of solvent-based products and gases should be closely monitored. A helpful strategy in monitoring these products is to <i>check out</i> and <i>check in</i> solvent-based products while noting the frequency and amount used. Teachers should be mindful of rags, handkerchiefs, small bottles, soda cans, and sleeves as they may be used for the delivery of solvents.			
<b>3. Policy</b>	A. Ban nonessential solvent-based products (such as solvent-based correction fluid and dry erase and magic markers) in schools. Rationale: The school is looking for ways to reduce indoor air pollution and poisons in the schools. Labeling products as inhalants or drugs can arouse the curiosity of students and encourage use.			

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		Projected Completion Date	Who is responsible for step implementation	Date step is completed
	B. Because solvents and gasses are commonly used in shops, vocational programs, and science and art classes, safety lessons associated with the use of these products should be reviewed to stress the correct use and the consequences of misuse in these particular classrooms.			
<b>4. Curriculum Review</b>	A. Many schools are already teaching health lessons that could incorporate inhalant abuse prevention messages. These topics include poisons, product safety, first aid, and fire safety. Review and revise lessons to add or strengthen inhalant abuse prevention messages. Prevention messages should promote awareness that these products contain <i>poisons, toxins, pollutants</i> , and/or highly flammable liquids and gases. Procedures for appropriate and safe use of these products should be emphasized. Using this approach associates these products with <i>product safety</i> concerns and <i>poisons</i> instead of <i>drugs</i> .			
	B. Because solvents and gasses are commonly used in shops, vocational programs, and science and art classes, safety lessons associated with the use of these products should be reviewed to stress the correct use and the consequences of misuse. Samples of science based programs that decrease inhalant abuse: All Stars, Life Skills Training.			
<b>5. Intervention</b>	A. Is there a procedure in place for a student who is suspected or known to have used inhalants (or any other drug)? Because of the potential for sudden death associated with inhalant use, it is recommended that the school nurse and a school administrator be involved.			
	B. Is there a procedure in place for alcohol and other drug abuse screenings and/or assessments? Resources are available to assist when schools are concerned that a student may have used an inhalant, but is not in immediate danger. The Office of Substance Abuse Information and Resource Center can connect you to the closest community outpatient substance abuse counseling program. Youth who are members of managed care programs (such as HMOs and PPOs) can be seen through their system, as appropriate.			

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# Inhalant Abuse Check List

**ADULTS ONLY**

- **Kitchen**
    - Whipped cream
    - Whippets (Nitrous oxide cartridges)
    - Pam
    - Insecticides
    - Spray (aerosol) cleaners
  - **Basement or workshop**
    - WD40
    - Fabric protector (Scotch Guard)
    - Paint, cans or spray (especially gold or silver spray paint)
    - Paint thinner
    - Mineral spirits
    - Toluene
    - Paint remover, stripper
    - Lacquer thinner
    - Contact cement
    - Solvent based caulking
    - Contact cleaner
    - Turpentine
  - **School and art supplies**
    - Correction fluid
    - Correction fluid thinner
    - Permanent magic markers
    - Dry erase markers
    - Contact cement
    - Rubber cement
    - Ducco cement, airplane or model glue
    - Spray adhesive
    - Computer gas duster
  - **Bathroom**
    - Hair spray
    - Air freshener
    - Nail polish and nail polish remover
    - Spray deodorant
    - Spray cleaners
    - Asthma inhaler
  - **Garage**
    - Gasoline
    - Coleman stove fuel
    - Propane (from barbeque grills, portable torches)
  - Carburetor cleaner
    - Charcoal starter fluid
    - Starter fluid
    - Flat tire repair aerosol cans (“Fix-A-Flat”)
  - **Miscellaneous**
    - Any spray (aerosol) cans
    - Mothballs
    - Freon
      - Air conditioners
      - Refrigerators
    - Halon (from fire extinguisher)
    - Gas cigarette lighters
    - Gas cigarette lighter refills (butane)
    - Lighter fluid
    - Dry cleaning fluid and spot removers
  - **Anesthetics**
    - Nitrous oxide
      - “Whippets” (mini-tanks)
      - Whipped cream cans
    - Ether
    - Chloroform
  - **Nitrites**
    - Amyl nitrite
    - Butyl nitrite
- Examples of Paraphernalia**
- Plastic bags
  - Paper bags
  - Rags
  - Toilet paper tubes stuffed with tissues
  - Empty soda cans
  - Empty cologne or perfume bottles
  - Balloons (Nitrous oxide)
  - Tanks (Nitrous oxide)

Developed by  
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781-643-7272 or 800.419.8398

Adapted by  
Maine Inhalant Abuse Prevention Task Force

Last Revised December 2004

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# What Teachers Can Do About Inhalant Abuse

**ADULTS ONLY**

**Educate yourself about the problem.** Educate yourself and others about inhalant abuse including what types of products can be abused and the signs of abuse.

**Don't make available products that can be easily abused.** These include correction fluid, glues made with solvents, and dry erase and permanent markers, etc. Instead, look for water-based versions of these products. Please use the contact information below for a more comprehensive list of products that can be misused as inhalants and safer alternatives.

**Ensure that students are getting the message** about the dangers of inhalant abuse. The main prevention messages are that INHALANTS ARE POISONS, POLLUTANTS, TOXINS, AND FIRE HAZARDS ... THEY ARE DANGEROUS. THESE CHEMICALS SHOULD ONLY BE USED IN THE WAY THEY WERE INTENDED. Take care to avoid describing what products can be abused, how they can be abused, or that children are using them to get "high." Inhalant abuse prevention activities should be included in classes along with health education, environmental protection, and fire safety activities. Another approach is Peer Education Programs, where youth teach other youth health information and healthy behaviors. Inhalant prevention activities should begin in elementary school since use may begin as early as third or fourth grade and peaks in seventh and eighth grade in Maine.

**Be conscious of how much of an item is being used by students.** If solvent based products are used, they should always be used under close adult supervision. Some examples of these products include: spray paints, solvent based glues, gasoline, paint thinners, and all products packaged in aerosol cans. Many of these abusable products are found in art, shop, cosmetology, science, and culinary arts classrooms. If it seems like more is being used than is necessary, ask questions and monitor the items closely.

**When you are suspicious** about a child's behavior or appearance, be sure to follow up. Ask them about inhalants and be specific about why you are suspicious. Don't dismiss your professional experience telling you that something is not right. REMEMBER, ONE OF THE ATTRACTIONS OF INHALANTS IS THAT ADULTS ARE NOT SUSPICIOUS OF IT AND DON'T RECOGNIZE THE SIGNS OF USE. If you have concerns or questions you can follow-up with the school counselor, school nurse, school administrator or contact the Northern New England Poison Center at 1-800-222-1222.

**Don't tolerate any experimentation.** Remember, even first time use can be fatal. If you discover or see a child using inhalants approach them calmly as startling someone using inhalants could cause them to go into shock. Remove the child from the source and into fresh air. Even if it turns out to be a false alarm, your action sends a clear message about your expectations.

**Encourage the Purchase of Safer Alternatives** for all teachers within your school and community. Removing unsafe products from schools is an excellent way of reducing youth access to inhalants.

**For more information:** Contact the Office of Substance Abuse using the information below.

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# Inhalant Abuse Prevention Kit

*Inhalant abuse is a silent, often undetected, problem that can only be stopped when parents, youth serving professionals, and the general public get involved before our children do. This kit contains strategies and information you can use to reduce inhalant abuse in your community.*

## Increasing Visibility is the Key

**Here are 5 activities you can do in your community to promote public awareness and prevent inhalant abuse:**

### **1 Review these materials.**

They contain recent Maine data on inhalants and other drugs of abuse as well as strategies for inhalant abuse prevention. Know the facts and share the data about inhalant abuse.

---

### **2 Get the word out to other adults!**

Inhalant prevention materials can be distributed to parents, educators, youth serving professionals, and others concerned about inhalant abuse prevention. All handouts can be easily copied. However, any literature labeled “Adults Only” should not be given to youth as this has encouraged experimentation with inhalants. Contact your local newspapers, cable TV, and radio stations and request that they too carry the message.

---

### **3 Educate Youth.**

Distribute copies of *Inhalants Poison Your Body*. “Inhalants are poison to your body!” should

**be the main prevention message.** Avoid equating inhalants with drugs unless teens are already making that association. Avoid sharing with youth what products may be misused, how they are abused, or that they can get you “high.” Also, teach about the safe use of products.

---

### **4 Decide on Safer Products for your home, your school, and your community.**

Purchasing safer products and reducing access to solvents, gasses and aerosol cans will reduce the likelihood of youth gaining access to these products. Please contact the Office of Substance Abuse (information below) for a list of safer alternatives.

---

### **5 Request an Inhalant Abuse Prevention Workshop.**

Maine’s Inhalant Abuse Prevention Task Force has several trained inhalant experts who are available to come into your community and share information about the nature and dangers of inhalants. To request a workshop in your school or community, please contact Tammy McLaughlin at AdCare Educational Institute of Maine. (Available Jan 05 – Oct 06)

Tammy McLaughlin

AdCare Educational Institute of Maine

75 Stone Street, Augusta, ME 04330

ph) 207.626.3615 fx) 207.621.2550

[tmclaughlin@neias.org](mailto:tmclaughlin@neias.org)

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# PARENTS

## What You Need to Know About Inhalant Abuse

**This document is intended for  
ADULTS ONLY**

### The Dangers of Inhalant Use:

- Breathing gases and vapors can cause brain, nerve, kidney, and liver damage.
- Death can result from even one-time use. Some children have accidents, choke or suffocate to death, or have heart attacks.
- For some, inhalant abuse becomes an addiction. Younger children may just abuse inhalants, while older youth are more likely to abuse inhalants with alcohol and other drugs.

### Here's What We Know About Inhalant Abuse in Maine:

- More than one out of every ten Maine students between grades six and twelve has tried inhaling gases or solvent vapors to get high.
- Abuse may start as early as third grade and peaks in grades eight and nine.

### Here are Some Examples of What's Being Abused:

- Products in aerosol cans
- Fuels (gases and liquid)
- Solvent-based correction fluid, markers, glues
- Common shop and household solvents
- Computer gas duster

### Why Children and Teens Are Using Inhalants:

- Inhalants are very easy to obtain, free or inexpensive, and difficult to detect.
- Many adults are not aware of inhalants, so use may go unnoticed.
- Many children are not aware of how dangerous these products are.
- It takes effect within seconds.

### What Parents Can Do About Inhalant Abuse:

- *Understand that Inhalants are Poisons.* Educate yourself about the nature of inhalant abuse.
- Share what you know about inhalant abuse with other adults, the types of products that can be abused, and signs of abuse.
- Talk to your school principals, teachers and health educators about including appropriate inhalant related discussions in the classroom.
- Don't buy products that can be easily abused. These include air freshener, solvent-based correction fluids, glues, and magic markers. Instead, buy water-based versions of these products.
- Be aware of how much of an item is being used. When solvent-based products are being used, they should be used with adult supervision.
- If you are concerned about your child's behavior, ask about inhalants, stressing that they are poisons, and be specific about why you are worried. Remember, one of the attractions of inhalants is that adults don't often ask about them.
- Request a copy of our fact sheet: School, Home, and Office: Examples of Inhalants and Safer Alternatives.

Last Revised December 2004

### MAINE INHALANT ABUSE PREVENTION TASK FORCE

A Project of the New England Institute of Addiction Studies / Funded by the Center for Substance Abuse Prevention

For more information about inhalants please contact

Maine Office of Substance Abuse Information and Resource Center

Phone: 1-800-499-0027 TTY – 1-800-215-7604

Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov) Web Address: <http://maineosa.org/irc>



## **In-State Inhalant Experts Available To Give Presentations**

There are four in-state experts on inhalant abuse prevention that are available to talk to your group or organization about the dangers of inhalant abuse and the nature of inhalants. The following is a list of the in-state experts.

Donald Carson LADC, LCSW  
Outpatient Substance Abuse Counselor  
Togus VA Medical Center

Paul Golding, MBA  
Director of Development and Public Relations  
Day One

Rebecca Miller, RN  
Education Coordinator – Maine,  
Northern New England Poison Center - Maine Medical Center,

Ansley Newton,  
Consultant for Student Assistance Teams  
Department of Education,

For more information on having a training on Inhalant Abuse Prevention given by one of these experts, please visit the Information and Resource Center at the Office of Substance Abuse and request the In-State Inhalant Experts Packet, Phone: 1-800-499-0027 TTY – 1-800-215-7604, Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov) Web Address: <http://maineosa.org/irc>

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